

SUICIDE

Do You Know These Facts About Suicide in Utah?

- ❖ Utah had the 7th highest suicide rate in the nation for the years 2000-2004.¹
- ❖ Suicide is the second leading cause of death for Utah males ages 10-44.²
- ❖ 4 times as many males as females commit suicide. However, more females attempt suicide than males.²
- ❖ On average, 340 Utah residents die, 1,040 are hospitalized, and 2,650 are treated in emergency departments (ED) because of suicide and attempted suicide each year.²

2001-2005 UTAH SUICIDE DATA

SCOPE OF THE PROBLEM

WHAT

- 1,708 deaths.²
- 5,219 hospitalizations.²
- 13,258 ED visits.²

WHO

- Death and hospitalization rates were highest in the 35-44 year age group.²
- ED visit rates were highest in the 15-24 year age group.²
- Males sustained 82% of deaths, 41% of hospitalizations, and 34% of ED visits.²
- 65% of Utah male youth suicide completers had been diagnosed with a psychiatric disorder such as depression and 63% had contact with the juvenile justice system — most for multiple minor offenses.³
- Not all youth suicide completers meet this profile. Some are high achievers and are socially active.

WHEN

- Suicide rates are lowest in the winter and highest in the spring.¹

WHERE

- Rural Utah had a higher rate of suicide and attempted suicide than Urban Utah.²

HOW

- The most common methods for suicide death were: firearm (53%), hanging/suffocation (22%), and poisoning (21%).²
- 91% of self-inflicted injury hospitalizations and 73% of self-inflicted injury ED visits in Utah were due to poisoning.²

WHAT TO DO IF YOU THINK SOMEONE IS SUICIDAL⁴

- Trust your instincts that the person may be in trouble. Talk with the person about your concerns.
- Be willing to listen. Allow expression of feelings. Accept the feelings.
- Be non-judgmental. Do not debate whether suicide is right or wrong, or feelings are good or bad. Do not lecture on the value of life.
- Get involved. Be available. Show interest and support.
- Do not leave the person alone.
- Do not agree to secrecy.
- Do not dare the person to do it.
- Offer hope that alternatives are available.
- Take action. Remove means, such as guns or stockpiled pills.
- Get professional help, even if the person resists.
- Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).



PREVENTION INFORMATION

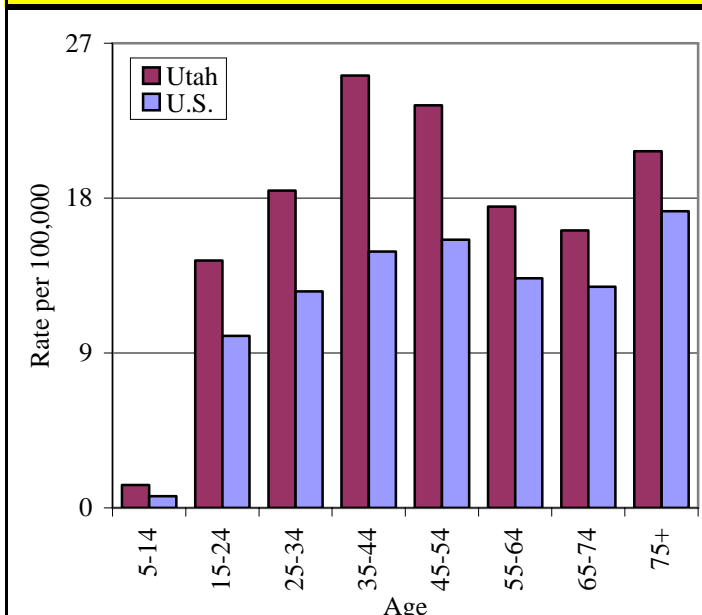
Risk Factors⁵

- Previous suicide attempt
- Mental disorders—particularly depression
- Substance abuse
- Feelings of hopelessness
- Relational, social, work, or financial loss
- Easy access to firearms
- Unwillingness to seek help because of stigma attached to mental and substance abuse disorders
- Influence of significant people (family members, celebrities, peers) who have died by suicide
- Social isolation
- Family violence, including physical or sexual abuse

Protective Factors⁵

- Effective clinical care for mental disorders
- Effective care for physical and substance abuse
- Easy access to a variety of clinical interventions and support for help seeking
- Firearms not present in home⁶
- Restricted access to firearms
- Family and community support
- Support from ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution, and nonviolent handling of disputes
- Cultural and religious beliefs that discourage suicide

Utah vs. U.S. Suicide Death Rates, by Age, 2000-2004¹



Top 10 States for Suicide Death Rate per 100,000 Population, 2000-2004¹

Rank	State	Age-adjusted Rate
1	Alaska	20.38
2	Nevada	19.65
3	New Mexico	19.00
4	Montana	18.89
5	Wyoming	18.66
6	Colorado	16.07
7	Utah	15.82
8	Idaho	15.75
9	Arizona	15.63
10	Oregon	14.79

Utah High School Students⁷

In 2005, a survey conducted among Utah high school students found that:

- 28% felt so sad or hopeless almost everyday for 2 weeks or more in a row that they stopped doing some usual activities
- 16% seriously considered attempting suicide
- 14% made a plan about how they would attempt suicide
- 8% had attempted suicide
- 3% attempted suicide that resulted in an injury that had to be treated by a doctor or a nurse

A Permanent Fix to a Temporary Problem

Adverse life events in combination with other risk factors, such as mental disorders and substance abuse, may lead to suicide. However, suicide and suicidal behavior are not normal responses to stress. Many people have one or more risk factors and are not suicidal.⁸

¹ National Center for Injury Prevention and Control

² Utah Department of Health, <http://ibis.health.utah.gov>.

³ *J Am Acad Child Adolesc Psychiatry*. 2002;41:427-434.

⁴ American Association of Suicidology.

⁵ U.S. Public Health Service. *Surgeon General's Call to Action to Prevent Suicide*. Washington, DC: 1999.

⁶ *Am J Epidemiol*. 2004;160:929-36.

⁷ *MMWR*. 2006;55(No. SS-5).

⁸ *Am J Dis Child*. 1993;147:1066-71.